Sesamin is a lignin extracted from the seeds of the *Sesamin indicum* plant. Sesamin exhibits antioxidative and anticancer activities. In cellular models, sesamin suppresses STAT3 signaling, promoting cell cycle arrest and apoptosis of hepatocellular carcinoma cells. This compound activates ERK/MAPK and p38 signaling to induce osteoblast differentiation in vitro and reverses pathological changes associated with osteoarthritis in vivo. Sesamin also protects against oxidative stress in spontaneously hypertensive rats and animal models of oxidative liver damage.

**References**


